



G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

FEBRUARY 2020



The Department of Veterans Affairs (VA) National Salute is observed annually during the week of Valentine's Day, a day of caring and sharing which underscores the Salute's expression of honor and appreciation to inpatient and outpatient Veterans. This year's observance for National Salute to Veteran Patients will be February 9-15.

The National Salute to Veteran Patients gives every American the chance to thank Veterans for their freedom by sending Valentines to VA medical facilities. Send yours today or take the extra step to visit our heroes in person. You can even volunteer at a VA medical facility to build skills and serve those who served first. Contact Voluntary Service at 601-362-4471, extension 51391 for more information about how you can volunteer.

More than 100,000 Veterans of the U.S. armed services are cared for every day in VA medical facilities, outpatient clinics, domiciliary sites, and community living centers. You can make a difference in their lives with a visit or by volunteering. Find out more at www.volunteer.va.gov.

Volunteer at a VA medical facility and show Veterans you care every day!

FEBRUARY IS HEART HEALTH MONTH



10 Tips for a Healthy Heart

1. Stop smoking – smoking is the most preventable cause of premature death in the United States, and smokers have a higher risks of developing heart disease
2. Know your numbers – maintain a healthy weight, blood pressure, and total cholesterol
3. Screen for diabetes- untreated diabetes can lead to heart disease
4. Get active – physical activity not only helps prevent cardiovascular disease but can also improve your overall mental and physical health
5. Build some muscle – strength training decreases the chance of injury and improves daily functions
6. Eat smart – Salmon, nuts, berries, and oats are smart foods that are essential to a heart healthy diet
7. Limit junk – Added sugars, saturated fats, and excessive sodium can cause weight gain, clog arteries, and raise your blood pressure
8. Stress less – stress can lead to increased anxiety and depression, and is a key factor for heart disease
9. Sleep more – sleep restores the body and increases overall happiness. Aim for seven hours each night with a calming bedtime routine
10. Smile – A happy heart is a healthy heart. Make time for enjoyable activities and hobbies

Be Involved in Your Healthcare



Preparing for a Visit with Your Healthcare Provider

Do you find that you make an appointment with your healthcare provider, only to forget half your questions once you're in the exam room? Does your healthcare provider ask you questions during a visit that you can't answer? Preparing for a healthcare provider visit can help you get the most out of your healthcare. Below are tips for helping you prepare for a visit to your doctor or other healthcare provider.

What to Bring to Your Healthcare Provider Visit

- A list of your medications
 - A list of other healthcare providers you see
 - Information about your family history
- A list of questions you have and anything you want to tell your doctor (ask a family member or friend to help you)

Gather Your Medical History

To do this:

- Write down all the medications and supplements you take. Include the dose and number of times a day you take it. Or, if you wish, just put everything in a bag and take it with you.
- Make a list of names of other healthcare

providers you see for treatment.

Organize Your Thoughts

Make a list of what you want to tell your healthcare provider and questions you want to ask. Mention how you've been feeling since your last visit. Speak up about any changes you've noticed, new symptoms you have, or anything else the healthcare provider should know.

Get Involved

Ask about your treatment or care plan so you understand it, know what to expect, and what the next steps are.

Ask for written instructions and information
Use Secure Message for follow-up questions or concerns.

Using these tips to get involved in your healthcare can help you and your health care team act as partners. They are all working together to improve your health and to keep you healthy.

Upcoming Events

- February 7—Heart Health Day from 8 a.m.—2 p.m. in the Atrium
- February 9-15—National Salute to Veteran Patients
- February 14— Oh, How Sweet: A Health Heart Beat. A program to target Veterans at high risk for heart disease at 10 a.m. in Montgomery Hall
- February 21—Go Red Walk at 8 a.m. in front of the Medical Center
- February 26—Black History Month Program at 10 a.m. in Montgomery Hall
- February 28—Heart Disease Program at 8 a.m. in the Atrium



For an updated list of events visit
[https://www.jackson.va.gov/
calendar.asp](https://www.jackson.va.gov/calendar.asp)



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